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SWOSU BULLDOG WELLNESS

Newsletters

January 2019

SWOSU Bulldog Wellness Committee

Description

Making Your Resolutions Really Work

New Year's resolutions are slightly out of favor — airily dismissed as a waste of time, given their high failure rate. But there remains something compelling about the onset of a brand new year for reflecting on changes that would improve your life. To provide advice on ways to make resolutions that will actually come to fruition,

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SWOSU

Bulldog Wellness

January 2019



Making Your Resolutions Really Work

New Year's resolutions are slightly out of favor — airily

dismissed as a waste of time, given their high failure rate. But there remains something compelling about the onset of a brand new year for reflecting on changes that would improve your life. To provide advice on ways to make resolutions that will actually come to fruition, I called regular *Daily Health News* contributor and life coach, Lauren Zander, founder of the Handel Group.

Lauren says that everyone has the capacity to make them a success. The way to start is to think about the successful changes you have made in the past. By examining past achievements, you can unearth what in these experiences brought about success. Almost always it comes down to the fact that you made it happen because it was something you really wanted, says Lauren... and this is what you need to keep in mind as you prepare possible resolutions today. Don't think about what you *should* do — plan instead to fill your list with what you really want — changes that give you a sense of excitement and wonder. Differentiate between a Should and a Wish, advises Lauren. "A *should* brings up a sense of dread while a *wish* is more like the feeling of, 'wow, I wish I could have that... do you think I could?'" To start your list, note the important areas in your life. Jot down possible ideas for each of these areas, whatever strikes you as interesting, such as bringing more romance into your relationship, going on a far-away vacation, running a marathon or learning a new language. It takes time and creativity to make such a list, so don't rush it... just keep adding your thoughts as they come to you. Then on New Year's Day you can sit with your ideas and determine

which are most important and matter most to you. These are the ones you can think about achieving this year. Review the finalists on your list by plotting out what it would take to make them successful.

THE DREADED "SHOULD"

Wishes are challenging but also fun. On the other hand, are really hard and not a lot of fun.

Nevertheless, many people have a Should to resolve that crops up annually as the new year approaches. Lauren affirms how hard it is to break a bad habit, while also pointing out that there are ways to greatly increase your chance of success.

- First, acknowledge how attached you are to the bad habit and why you would really like to hold on to it.
- To confront the hold a bad habit has on you, you must admit how you really feel about it. Doing so makes it possible for you to face honestly what you are going to give up.
- Turn your Should into a Wish by finding some aspect of your habit that makes the thought of continuing it intolerable.
- To heighten your chances of succeeding with your resolutions this year, be sure to tell lots of people what you are doing. You could even find someone with the same or similar resolutions to be a change-buddy with — you can support one another as you go through the process. But choose carefully — find people who have been successful at making change themselves.

Interestingly, the very act of deciding on a resolution and making it a priority increases the energy you bring to it, says Lauren.

"Change isn't that difficult," she adds. "It takes effort, of course, but once you start making the effort, it stops feeling so hard."

<https://bottomlineinc.com/life/self-improvement/making-resolutions-really-work>



Walking Club

The SWOSU Walking Club is meeting every MWF, 12:10 pm, at the Wellness Center. Fit exercising into your workday

with a 30-40-minute walk and receive the benefits of social support, stress relief, and renewed energy.



SWOSU Fall Pool Hours

Monday-Friday

6:00-8:00 a.m. 12:00-2:00 p.m.

5:00-7:00 p.m. (except Tuesday)

Water Aerobics

Monday-Wednesday 6:00-7:00 p.m.

Thursday 5:00-6:00 p.m.

Recipe of the Month

White Peppermint Snowballs



Ingredients

- 1 (16.5-ounce) package refrigerated sugar cookie dough (at room temperature)
- 1/4 cup plus 2 tablespoons crushed hard peppermint candies
- 3/4 cup powdered sugar, divided

Directions

1. Preheat oven to 350°.
2. Cut sugar cookie dough into 8 pieces.
3. Combine the dough pieces, 1/4 cup crushed hard peppermint candies, and 1/2 cup powdered sugar in a bowl or electric mixer.
4. Let the mixture chill in the refrigerator for 30 minutes.
5. Coat hands in flour, and roll chilled dough into 1/2-inch diameter balls. Place the balls 2 inches apart on parchment paper-lined baking sheets.
6. Bake for 9-10 minutes or until set. Cool cookies slightly on cooling rack.
7. While cookies are still warm, sprinkle the tops with 1/4 cup powdered sugar and 2 tablespoons crushed hard peppermint candies.

- ❖ Prep: 20 minutes; Cook: 9 minutes.
- ❖ Makes 48 cookies (serving size: 1 cookie)-

<https://www.health.com>



Standing Desks

The Bulldog Wellness Committee has 5 standing desks that are available to be loaned out for a 4 month trial basis. The

desks have a dual-monitor setup or larger workspace needs. It has a two-tiered design with separate keyboard/mouse deck. The desk has a spring-assisted lift mechanism that allows for easy access when either sitting or standing. If you are interested in this opportunity contact Christina Darras at (580) 774-3159 or email at christina.darras@swosu.edu

If you enjoyed your experience with the desk, ask your department about purchasing one after the Bulldog Wellness Committee's desk has been returned.



Coming Soon... Biggest Loser!

It's that time of the year again! Get ready, Biggest Loser will be starting on January 30! The competition will last for a duration of 6 weeks. Stay tuned for more information to come.

Move of the Month



Scissors

Click link above to view a how to do this move!

[Classes Offered on Campus](#)-Click link to view